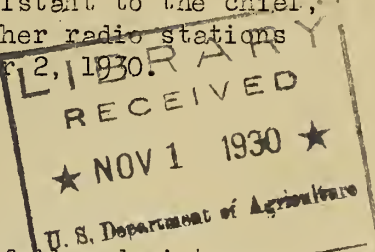


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A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the chief, Bureau of Home Economics, delivered through WRC and 37 other radio stations associated with the National Broadcasting Company, October 2, 1930.



How do you do, Homemakers!

When Miss Viemont and I were talking to you about fall and winter curtains just a week ago today, we were so hot that we really felt a little too forehanded with our warning about the approach of autumn. Yet this morning as I came down town I was so nearly shivering in the crisp fall air that I decided it was high time I suggested that you can chicken for winter, and that you keep on the sharp lookout for a big drop in temperature, so as to gather green tomatoes before Jack Frost nips them badly. Variety of weather is certainly the spice of life this year!

But about the chicken. If you have culled your poultry flock and found poor layers that won't be worth their keep this winter, you will probably want to can some of them. And remember, the older birds, especially if they are plump, have just as good texture and even better flavor when canned than six-months old chickens.

We can chicken boiling hot, preparing it in one of two ways: You may just simmer it in a small quantity of water until the meat is boiling hot clear through, then pack in jars with the broth and a teaspoon of salt to the pint, and process. This is really canned stewed chicken. The other way is to sear the pieces in hot fat until they are golden brown, then pour broth over them and heat them through to boiling temperature before canning. Be sure to remember it is not desirable to roll the meat in flour before cooking because this makes it more difficult to process effectively. Chicken browned before canning has a fricassed flavor and appearance when the can is opened.

Just a word about the processing. The jars, filled with boiling hot chicken and broth, are sealed tightly and placed in a pressure canner. You aren't surprised to hear me say that I know, if you remember how strongly we feel in the Department of Agriculture about using the pressure canner for meats and for non-acid vegetables. Pint jars of chicken are processed for one hour at 15 pound pressure, or 250 degrees Fahrenheit. This high temperature is, of course, the reason for using the pressure canner.

You will find it very convenient to have canned chicken on hand, ready to serve with just a few minutes boiling after opening. And the possibilities of making it into special dishes are almost endless. Just dipping each piece in flour and browning it in hot fat until crisp makes it almost as good as newly fried chicken. Aunt Sam's has a number of recipes in the radio cookbook that can be made from canned as well as from freshly killed chicken. And of course for chicken salad, chicken a la king, creamed chicken, or fricassed chicken with dumplings, all of which would be made from a simmered bird anyway, canned chicken is just the thing to have ready on the pantry shelf.

(over)

Which reminds me of a friend in the middle west who always has a small stock of assorted canned things on what she calls her S.O.S. shelf. With some kind of canned meat, fish, or chicken, some vegetables, canned soup, and fruit, she is never worried if surprise company comes, or if she is inspired suddenly to urge callers to stay for dinner or tea. This friend lives in a city, and seldom cans her own S.O.S. supplies. She simply remembers when making a shopping list to see that the shelf holds enough of a variety to have the makings of an attractive hot or cold meal that can be quickly prepared.

Sidetracking to the pantry shelf made me almost forget the green tomatoes. If you haven't found out other years how very good a dish of piping hot stewed or scalloped green tomatoes can be, don't let this season go by without trying them. And green tomatoes, sliced, dipped in batter or just in egg and cracker or corn meal, and fried, are almost as good as fried oysters, even to the oyster lovers. There are many other things to do with green tomatoes, too, aside from making them into pickles of one kind or another. Green tomato pie or green tomato marmalade, for instance. And when combined with apples, raisins, currants, spices, and a little vinegar, they make perfectly delicious mock mince meat that may be canned for winter use.

If my get ready for winter ideas appeal to you, let us send you our directions for canning chicken and our recipes for using green tomatoes. And at any rate, remember to stock the emergency shelf in your pantry.

Goodbye, Homemakers, until Thursday, October 23.
